

NFS 400H1S: Functional Food and Nutraceuticals
Course Syllabus
January 10 to April 6, 2022

Lectures: Mondays, 2:00 to 5:00 PM, MC 252
Instructor: Laurie Ricciuto, PhD laurie.ricciuto@utoronto.ca
 Office Hours: Mondays, 12:30 to 2:00 PM, MS 5347

Course description: This course will describe functional foods and nutraceuticals, including their health benefits, development, and regulation.

Learning Outcomes:

By the end of the course you should be able to:

1. define functional foods and nutraceuticals
2. describe the Canadian regulations with respect to functional foods and nutraceuticals.
3. conduct research on the health benefits of a natural health product
4. give a PowerPoint presentation on the topic of functional foods, employing best practices for oral presentations and active learning techniques

Prerequisites:

NFS284H, BCH210H, (PSL300/PSL301)/ PSL302Y

Textbook: There is no required textbook for this course.

Course schedule:

Week	Topic
Jan 10	Course Overview Functional foods; natural health products; nutrition research
Jan 17	Discussion of assignments & group presentations Searching the literature Group Introductions & Preparation Time
Jan 24	Natural Health Products Group Presentation Preparation Time Annotated Bibliography due at 2 pm “Who Does What” Schedule submitted at the end of class
Jan 31	Functional Foods, Nutrition Labelling, and Health Claims Group Presentation Preparation Time
Feb 7	Group Presentation Preparation Time Individual Nearly-finished PowerPoint slides & transcript due at 2 pm Lecture-based Assignment available online Tuesday Feb 8 at 9 AM.
Feb 14	Group Presentation-Preparation Time Group meetings with Dr R – Preliminary Presentation Lecture-based Assignment due at 2 pm
Feb 21	READING WEEK- no class
Feb 28	Group Presentation- Preparation Time Group meetings with Dr R –Discussion of MCQ

Mar 7	Group Presentations Submission of all PowerPoint slides & MCQs by 9 AM
Mar 14	Group Presentations
Mar 21	Group Presentations NHP assignment due at 2 pm
Mar 28	Group Presentations
Apr 4	Group Presentations

Assessments:

Assessment	Weight	Due Date
Annotated bibliography	2- individual	Jan 24 at 2 PM
"Who does what" schedule	1-group	Jan 24 end of class
Nearly finished PowerPoint slides & transcript	10-individual	Feb 7 at 2 PM
Collated PowerPoint slides & transcripts	0	Feb 14 at 2 PM- for group meeting with Dr R
Lecture-based assignment - available on Quercus on Feb 8 at 9 AM; based on lecture content of Jan 10 to Jan 31	25-individual	Feb 14 at 2 PM
MC quiz questions	0	Feb 28 at 2 PM- for group meeting with Dr R
NHP assignment	25-individual	Mar 21 at 2 PM
Group Presentation	30-group*	Mar 7- PowerPoint slides by 9 AM Mar 7, 14, 21, 28, Apr 4 - oral presentations
Group Evaluation	1-individual	Mar 7, 14, 21, 28, Apr 4
Presentation MC quizzes (open book)	5 (1% X 5)-individual	Mar 7, 14, 21, 28, Apr 4
Self-reflection on group work	1-individual	Apr 4 at 9 AM
Total	100	
*all group members receive the same grade (except in rare cases)		

Presentation and Evaluation Schedule:

Date	Group Presenting	Group Evaluating
Mar 7	1	10
Mar 7	2	9
Mar 14	3	8
Mar 14	4	7
Mar 21	5	1
Mar 21	6	2

Mar 28	7	3
Mar 28	8	4
Apr 4	9	5
Apr 4	10	6

Course Expectations:

Group work sessions – Class time is provided for groups to work together on their presentations. Group work is a very important part of this course and students are expected to attend all group work sessions. If scheduling conflicts necessitate repeated absences from class, students are urged to consider seriously whether this course is suitable for them, as no accommodations will be made in this situation.

Ouriginal: Students will be required to submit their assignments to the University's plagiarism detection tool, Ouriginal, for a review of textual similarity and detection of possible plagiarism. In so doing, students will allow their assignments to be included as source documents in the Ouriginal reference database, where they will be used solely for the purpose of detecting plagiarism. For more information about this plagiarism detection tool, see the [Student Guide](#).

If you have problems that prevent you from submitting to Ouriginal, please contact Dr. R. All students are expected to submit to Ouriginal, which is voluntary, or provide an alternative. Failure to do so could result in a grade of **ZERO** for the assignment. For those who do not submit to Ouriginal, as an alternative you will be expected to meet with the Dr. R for a short **oral test** during which you will be asked questions about the process of writing the assignment and your knowledge of the assignment content. Your assignment mark may be modified based on how well you answer those questions.

Dr. Ricciuto reviews the Ouriginal submissions and will e-mail students if there are any concerns about their writing. Often this is no more than a discussion of how to properly paraphrase and/or cite references, but the deduction of marks may also result. Failure to respond to such an e-mail **will** result in the deduction of assignment marks. If a serious case of plagiarism is suspected, the student's assignment will be forwarded to the Office of Academic Integrity for review and possible sanction.

Communication:

Discussion boards: Questions about course content can be posted to Quercus discussion boards at any time.

Office hours: Dr. R will be available once a week for office hours. Students can sign-up in the course calendar for a time slot within the office hours, in order to secure one-on-one time to talk with Dr. R.

Students are asked to limit the use of e-mail to subjects of a more personal nature.

Quercus announcements: Announcements are posted on the course website and it is the student's responsibility to read these regularly. **It is strongly recommended that students leave their Quercus notifications on**, to be automatically advised of Quercus announcements, posting of new course content, upcoming due dates, the releasing of grades and other course website changes and additions.

Policies:

Late assignments: NO ASSIGNMENT WILL BE ACCEPTED after the due date except for compelling reasons such as illness, personal distress or similar unforeseen circumstances. Please contact Dr R IMMEDIATELY by e-mail to be granted assignment extensions. Please note that poor time management, having several assignments due at the same time, having to study for term tests, etc are generally NOT considered compelling reasons for an extension. Extensions for these reasons are only granted in very rare situations. Students are expected to complete their assignments as best they can, hand them in on time, even if incomplete, and accept that they may not get as high a grade as they would like.

If you are uncertain if you have compelling reasons for an extension or if you are unable to contact Dr R for an extension prior to the due date, then you should:

- 1) FIRST hand in as much of the assignment as you possibly can on the due date and THEN
- 2) Make an appointment to meet with Dr R to discuss your situation. All discussions are kept confidential.

Documentation or a brief verbal or written statement, explaining your absence, is required. For verbal explanations, see Dr. Ricciuto during her office hours. All discussions are confidential.

IMPORTANT: Often students don't believe their situation is compelling, when in fact, it is, so please speak to Dr R, whatever your circumstances. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, should discuss their situation with their college registrar.

Re-read policy: If you have substantial concerns about the grades on your assignments, you may request a re-read. A link will be made available on Quercus for you to upload your request and any supporting files. Describe as specifically as possible your concerns. This can be in the form of comments, or alternatively, or in addition an uploaded copy of your test with annotations and/or highlighting that indicate the specific areas of concern. If comments are not included with your request, a re-read will not be done. As a result of the re-read, **your mark can go up, down, or stay the same.** Please note that the higher your original mark (especially marks >80%) the less likely an upward adjustment in your mark will occur. Dr. R's decision is final.

Deadlines for rereads: One week after the assignment is returned, unless otherwise indicated.

Copyright, intellectual property and privacy considerations: A lecture is considered the intellectual property of the instructor, and copyright guidelines and regulations apply to the recording of lectures. Furthermore, recording a lecture also requires the observation of privacy guidelines and regulations for students in the class whose presence or statements might also be recorded.

Academic Integrity: The University of Toronto is deeply committed to the free and open exchange of ideas, and to the values of independent inquiry. Academic integrity is fundamental to the University's intellectual life. What does it mean to act with academic integrity? It means acting in all academic matters with **honesty, trust, fairness, respect, responsibility, and courage.**

The University of Toronto's Code of Behaviour on Academic Matters outlines the behaviours that constitute academic misconduct. Plagiarism (the presentation or paraphrasing of another person's work as if it was one's own) is a form of academic fraud with potentially serious consequences. All university policies regarding plagiarism will be upheld in this course. Refer to <http://academicintegrity.utoronto.ca/>

Accessibility: The University provides support and accommodations for students with disabilities to ensure equitable access to opportunities and achievement of students' full potential. If you require accommodations for a disability, or have any accessibility concerns about the course, please contact Accessibility Services as soon as possible. Refer to <http://www.studentlife.utoronto.ca/as>

University Resources and Supports:

If you or someone you know is in distress and there is an immediate risk, call 911. The following includes supports available to students on all three campuses:

- [U of T St. George \(Downtown Toronto\)](#)
- [U of T Scarborough](#)
- [U of T Mississauga](#)

Additionally, students have access to [U of T My Student Support Program](#) (My SSP) | 1-844-451-9700 24/7. Outside of North America, call 001-416-380-6578. Culturally-competent mental health and counselling services are available in 146 languages for all U of T students.

Academic Success Centre: The Academic Success Centre provides workshops, peer mentoring, and other resources to help all students improve their academic skills. Check out the available services at: <http://www.asc.utoronto.ca/>

English Language Learning: Provides support to students for whom English is a second language. It also supports native speakers who would like to improve their language skills. Check out available services at: <http://www.artsci.utoronto.ca/current/advising/ell>

Writing Centres: Writing Centres provide assistance with writing assignments for all students. Check out available services at: <http://www.writing.utoronto.ca/writing-centres>